



Windsor Essex Child/Youth Advocacy Centre

NEWSLETTER

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Stress & Anxiety Management: Tips for the Family

Kids should **ONLY** have to
tell their story **ONCE!!**

Now, more than ever, families are being pushed to their limits physically and emotionally. The pandemic is “forcing” families to manage and overcome new challenges daily, with no foreseeable end in the future. These challenges and times of transition commonly bring about unwanted stress and anxiety.

We want to remind you that it is okay to feel stressed or overwhelmed occasionally. Stress is normal. However, it is important to consider that not all children manage stress and anxiety the same way.

As a caregiver, you must ensure that your children are safe, well, and not overly stressed or anxious, even when times are tough for you (as the head of household). One of the first and most obvious signs that your child may not be properly managing their stress is through notable changes in their behaviour (e.g., irritability, trouble sleeping, or eating changes).

How can you support your child when you believe that they may be experiencing feelings of stress and anxiety?

Check out these four simple tips!

TIP #1: Give your child the opportunity to express their feelings and concerns through words, journaling, drawing, or actions.

TIP #2: Develop daily routines for your family’s mealtimes, school, work, and bedtimes.

TIP #3: Engage your child in calming activities such as reading a book, listening to music, or going for a walk outside.

To learn more about how to support your children through stress and anxiety, be sure to contact us at 519-995-3974.

Follow us on social media!



@WE_CYAC

Our Vision

A safe, responsive environment providing advocacy and healing to children/youth victims of abuse.



WE Care

Written by: Chloe, Tim Hortons, Malden Rd, LaSalle

"I believe when people think of Tim Hortons, they think of community (after the coffee of course). In any city or town you go to, you will find a Tim Hortons receiving continuous support from their community which is why it is important we are giving that same support back, especially to the children.

Over the course of the last year and a half, since hearing of WECYAC and their mission, it has been extremely important to us to be able to contribute in whatever way we can – whether it be financial support or simply some extra crayons to give the children.

What the WECYAC staff do to ensure the children/youth, who have experienced abuse in any way, have a safe environment to tell their story is so important. It allows children to start their healing process without retelling and reliving the trauma they endured over and over again.

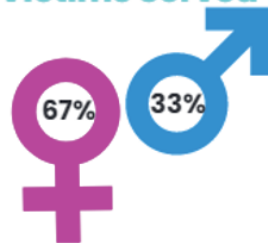
This is why it is essential to support organizations like WECYAC in our community and this is exactly why myself and the staff at Tim Hortons on Malden Rd. in Lasalle will continue with our support."

This Quarter

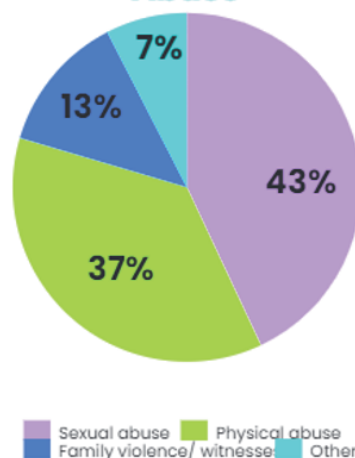
Age of Clients Served



Sex of Child/Youth Victims Served



Types of Alleged Abuse



WECYAC Thanks You!



Awareness Initiatives

Mindfulness Monday:
Good Vibes Catcher
&

Mindfulness Activities for Kids



What is a Child/Youth
Advocacy Centre?!

Spring Fundraising Initiatives



Please call 519-995-3974 or email info@wecyac.ca to learn more!

WECYAC Acknowledges Financial Support From:



Department of Justice
Canada

Ministère de la Justice
Canada



United Way
Centraide
Windsor-Essex County